

CHDP Fasting Glucose & Cholesterol Screening Guide

for Children ≥ 5 Years & BMI $\geq 85\%$ ile

This flow sheet is designed to assist with determining when cholesterol and glucose screens are indicated for children who are overweight/obese. With obesity now seen in children at younger ages, **cholesterol and glucose screening starting at age 5 years will help in the early identification and care** of children and adolescents with pre-diabetes, type 2 diabetes and those at risk for developing cardiovascular disease. **In addition, cholesterol screening for at-risk children who may NOT be overweight** will help to identify those at high risk for developing early cardiovascular disease. Clinical judgment should be used in all cases.

Screen for Cholesterol*

(Note: child/adolescent may NOT be overweight)

If one of these risk factors* is present:

- One parent or grandparent had heart/vascular dz, heart attack/surgery or stroke at ≤ 55 years
- One parent has a cholesterol level ≥ 240 mg/dl

* Test may be repeated as medically necessary

Screen for Cholesterol and Glucose *

If BMI is $\geq 85\%$ ile + two of these risk factors are present:

- BMI also $\geq 95\%$ ile
- Family hx of diabetes
- Black/Hispanic/American Indian/Asian/Pacific Islander/Native Alaskan
- One of the following: acanthosis nigricans, HTN, dyslipidemia, Polycystic Ovary Syndrome
- < 30 min. activity/day or consistently unbalanced diet

Note: If there is concern about a child < 5 years needing glucose and cholesterol screening, these tests can be ordered at any age and frequency and be reimbursed.

CHDP Referral and Care Management Guide for Children ≥ 5 Years With

Abnormal Fasting Glucose and Cholesterol Test Results

